

LIFE AND LEARNING STAGE



THE NATIONAL WOMEN'S SHOW

FRIDAY

SATURDAY

SUNDAY

10:30 AM

Financial Tips for Women
Ashten Marcoux
Rapport Credit Union

11:15 AM

How to evaluate and sell your Gold & Silver Jewelry, Silverware & Coins
Jen & Aicha
Au Jewelry Exchange Lab

12:00 PM

Finding Time for You: Self-Care Tips for Every Woman
Maria Locker
RevolutionHER

12:45 PM

The Complete Secret to Transform your life and Manifest Your Dreams
Daxa Chauhan
Optimal Living Summit

1:30 PM

How to access funding for a fulfilling career in the Fashion and Beauty Industry
Maha Syed and the team at GLOW College



2:15 PM

Your Life, Your Legacy
Pam Gerber
Dignity Memorial

3:00 PM

The Art of Embracing Your Curls
Caroline Muir
The Curl Ambassadors

3:45 PM

Understating the connection between the Mind, Body and Spirit on our health
Joseph Kehoe
Sun Kyeong

4:30 PM

You Can Choose To Stay Home Forever, Let Us Show You How!
Sharmila Pirerra
Stay Home Forever

5:15 PM

Leaking when you cough, sneeze or jump?
Lauren Barker
Uresta

10:30 AM

Do you Believe in Magic - Exploring our Intuitive Gifts
Gaisheda Kheawok
Whispering Song School of Energy Medicine

11:15 AM

Be Your Own Boss
Nazia Surti
Beauty First Spa

12:00 PM

Manifesting Miracles
Edith Rajna
Miss Edie Inc.

12:45 PM

How to look your best in 20 minutes: Day to Day Makeup Tutorial
Shafau Yusuf
Ashhhh Beauty

1:30 PM

Tackling Limiting Beliefs
Michael Challenger
Optimal Living Summit

2:15 PM

How to access funding for a fulfilling career in the Fashion and Beauty Industry
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3:00 PM

Come, Sit, Stay: Training Basics
Beverley McKee ACDBC CPDT-KA
Toronto Humane Society

3:45 PM

Weak Pelvic Floor - No More!
Discover the New Way to Kegel
Wanda Cotie
Femme flexor Inc.

4:30 PM

Lose weight without losing your menopausal mind
Irene Hogan
Bona Dea Wellness Inc

5:15 PM

CBD: Breaking Down the Barriers to Beauty
Samantha Marchione
Nuveev Wellness

10:30 AM

Let's Smile from the Inside Out with Dale Audrey RDH
Dale Audrey RDH

11:15 AM

Choosing an Authentic Career Path.
Terri Mitchell
Millport Success Coaching

12:00 PM

Life and Learning food in the 21 Century- Healthy Snacking
Doreen Pennell - Andrea Sinclair - Susan Patterson
Isagenix

12:45 PM

8 Steps to Wellness Online Retreat
Michael Challenger - Paulette Challenger - Alice Granvosky
Optimal Living Summit

1:30 PM

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2:15 PM

Are Kegels Actually Good For Us?
Rachel Bartholomew
Hyivy Health

3:00 PM

A Miraculous Journey of Healing to Wholeness
Angela MacDonald
The Center To Really Live Inc.

3:45 PM

PITCHFEST - Female Entrepreneurs Pitch Their Business Ideas to the She Did It Judges!
Karen Aristide and Guests
She Did It! /Elle a osé!